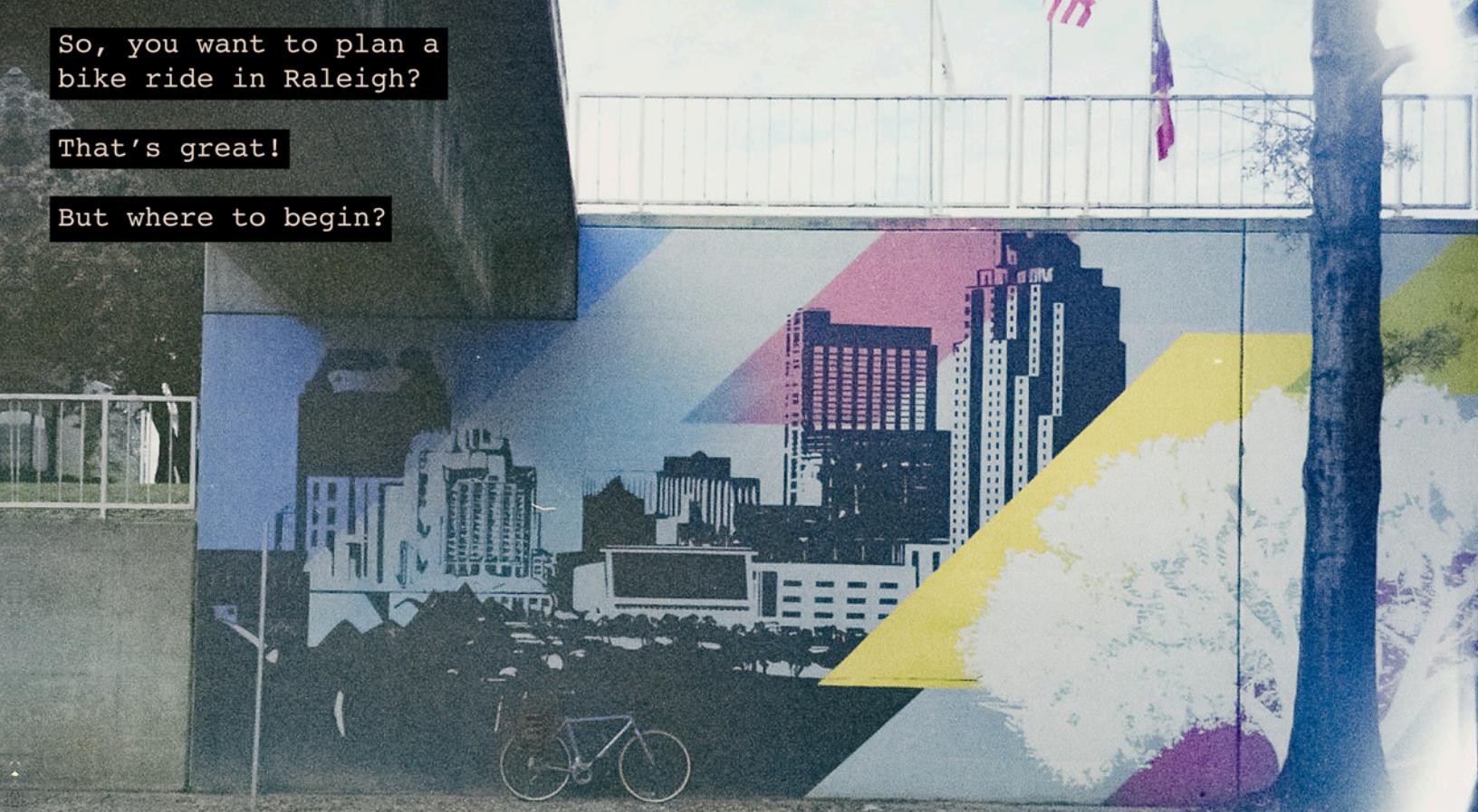




Spoke City: A Guide to Navigating Raleigh by Bicycle

...or any way you choose, if you choose to ditch your car.



So, you want to plan a
bike ride in Raleigh?

That's great!

But where to begin?

Getting around Raleigh by bike can feel intimidating and unsafe, but with a little planning, you'll find a lot of great options for a fun, low stress bike ride.

Route Planning:

Plan on your phone, laptop, or desktop:

Strava (app and browser)



- Good for finding popular routes via heatmap
- Able to see POI and user shared location photos
- Fully customizable route mapping
- Can save routes
- Has mobile app that can follow routes and navigate
- Social component, challenge yourself or challenge your friends

Ride With GPS (app and browser)

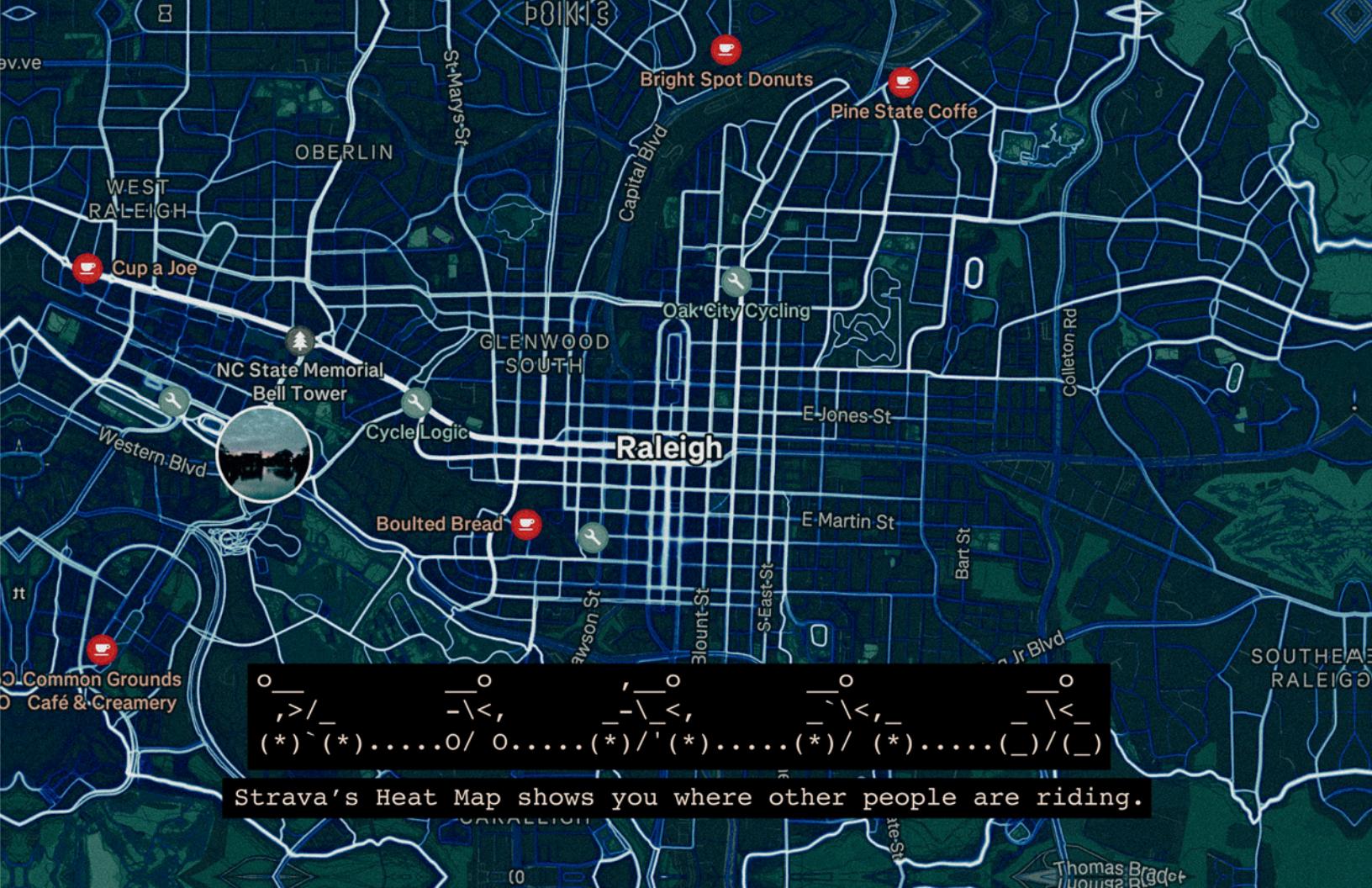


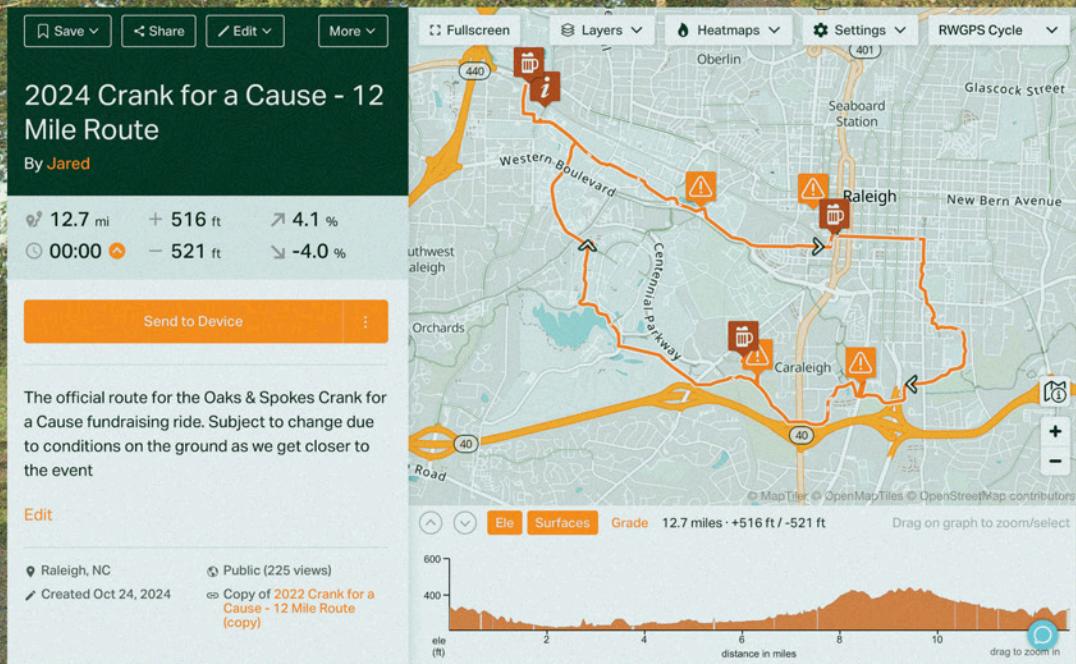
- Fully customizable route mapping
- Can save routes
- Can export routes to share or be used by other apps
- Can export routes to be used with cycling computers, e.g. Garmin, Wahoo, and Hammerhead computers.
- Less options with browsing other users' custom routes
- Has mobile app that can follow routes and navigate

Cyclers.app (app and browser)

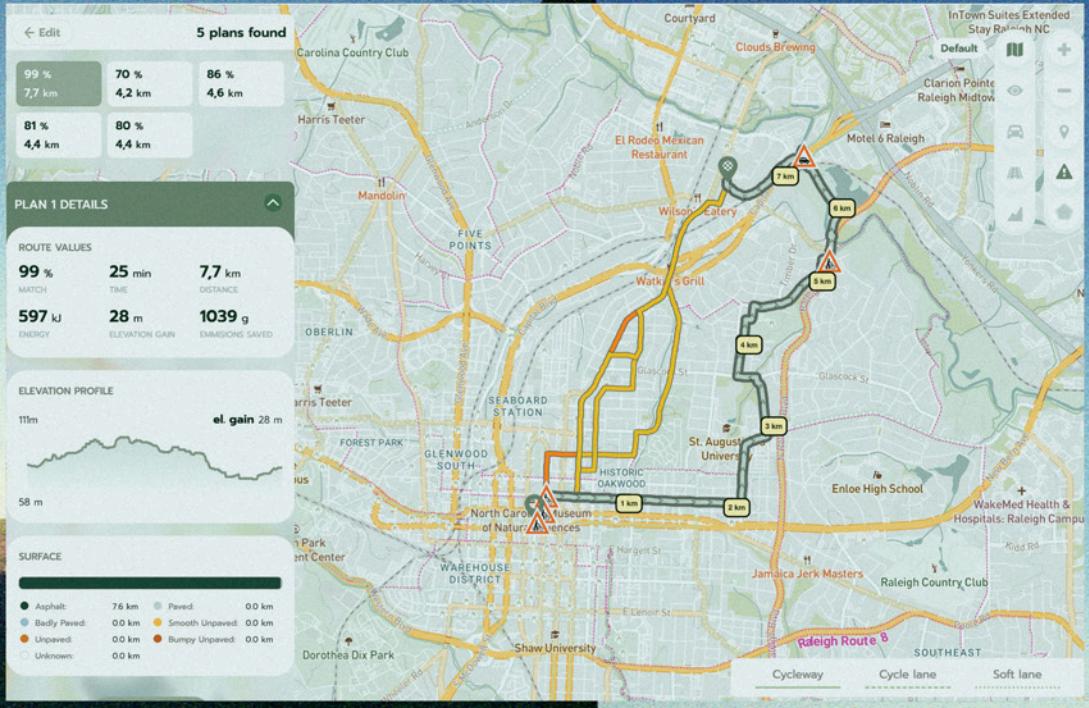


- Route planning by preferred terrain
- Route planning with safe routes prioritized over shortest distance
- Provides several alternate options for each route
- Emissions Saved counter for each trip planned
- New app and thus some map data is still missing





Ride With GPS is a great way to plan a detailed route turn by turn.



Cyclers prioritize safety and comfort over shortest distance and time.



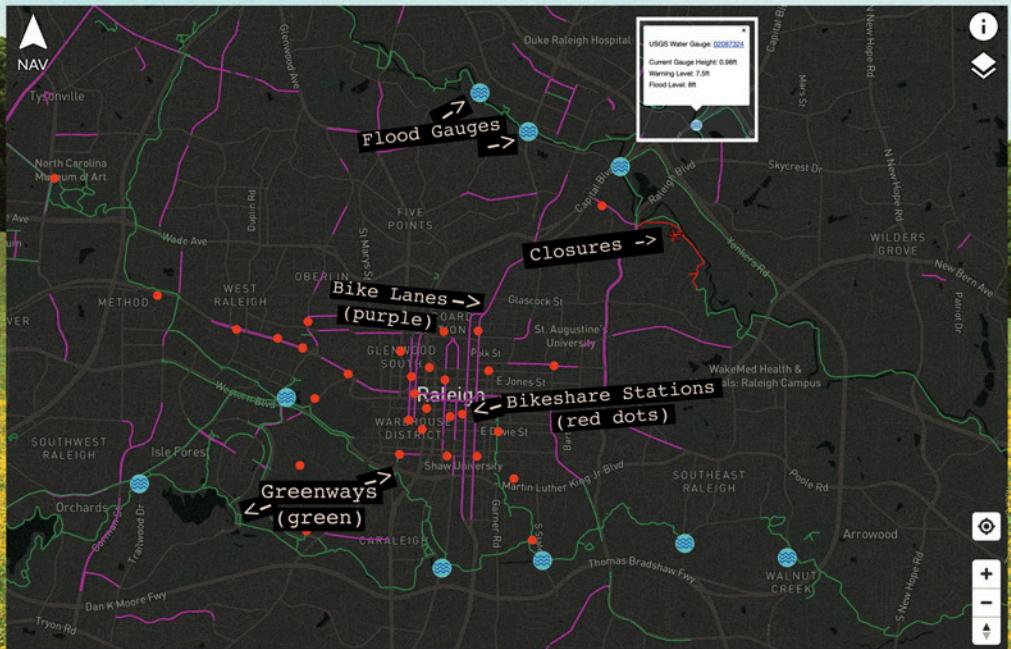
Are you over apps or don't want tech companies tracking your movement?

Yeah, we get that.

Oaks and Spokes has an independent, comprehensive bikeway map
at map.oaksandspokes.org.



Our map features:



map.oaksandspokes.org





Still a little nervous about riding on the road?

Take the greenway!

Raleigh has over 100 miles of connected greenway trail. The greenways are paved, multi-use trails that run beside the many rivers and creeks in Raleigh.

They are away from roads, and thus away cars.

They are shaded.

They are connected to parks, forests, and wetlands.

They are open during daylight hours only.

The greenways don't take you everywhere you need to go, but they are a great option for some trips.

Look for the signs!

Check out the greenway map!





Or just ride around your neighborhood and see how far you can go.

Look for the neighborhood bike route signs.

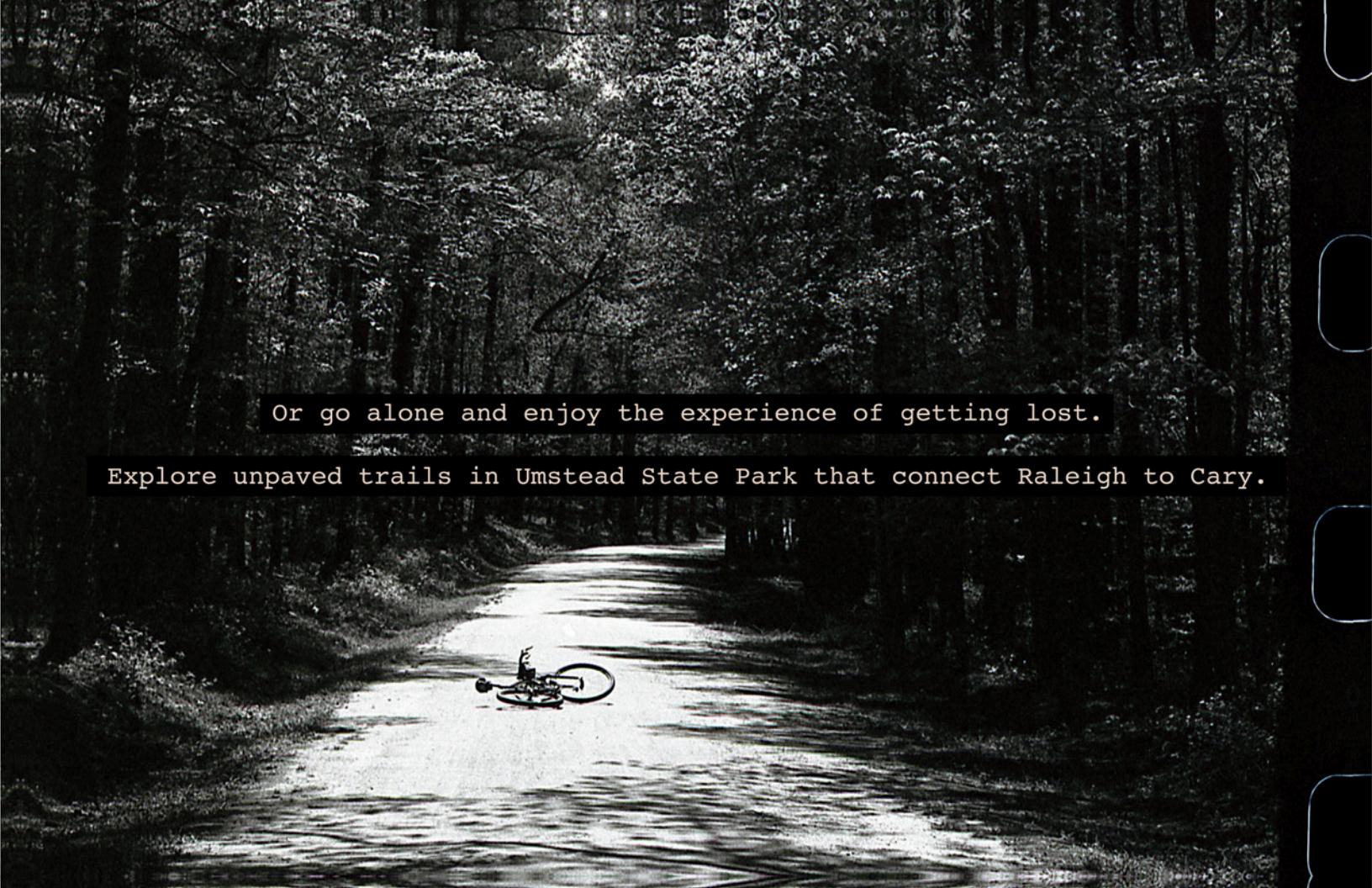
These signs are on quiet, low-traffic, and low-speed-limit roads throughout Raleigh.

A photograph of three people sitting on a grassy bank next to a paved path. A blue bicycle is leaning against a tree trunk on the left. The person on the right is wearing a striped shirt, shorts, and a cap, and is looking towards the center. The person in the middle is wearing a dark t-shirt and sunglasses, also looking towards the center. The person on the left is wearing a light-colored t-shirt and has their back to the camera. They are all looking towards the right side of the frame.

Take a ride with a friend.
You don't have to go alone.

A black and white photograph of two young men in an urban plaza. One man is riding a bicycle towards the camera, while the other stands nearby holding a smartphone. The scene is set against a backdrop of modern buildings and trees.

Or let a bike ride be the reason to meet someone and make a new friend.



Or go alone and enjoy the experience of getting lost.

Explore unpaved trails in Umstead State Park that connect Raleigh to Cary.



Because when you're on a bike, you see and discover the world with a new set of eyes.



When you're behind the wheel of a car, you miss out on your city's unique character.



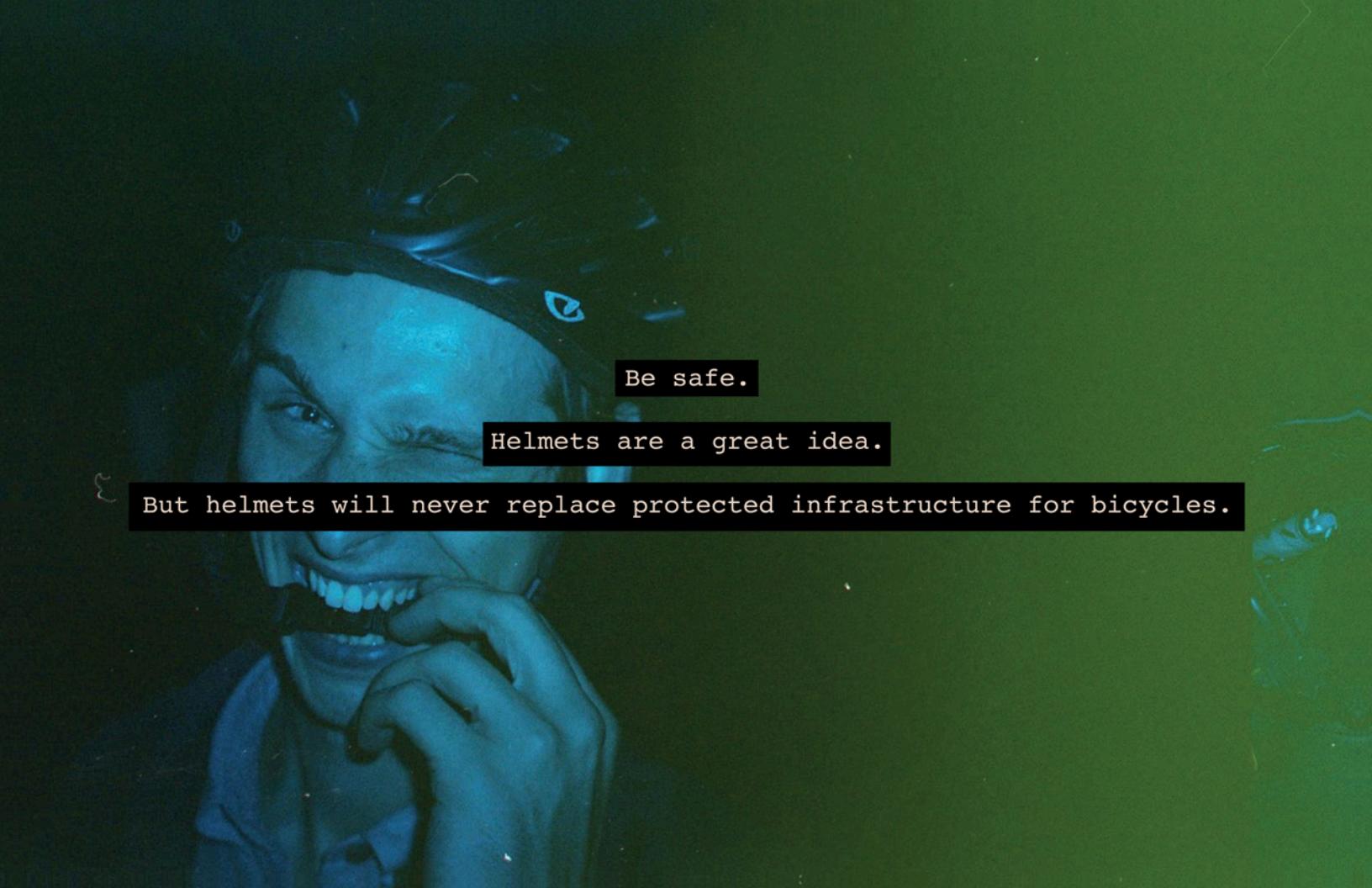
Get yourself a bike basket or bag so you can carry some essentials.

- Water
- Lock
- Lights
- Flat Repair Kit
- Multi-tool
- Snacks
- Camera
- Stickers
- Money
- Phone

A low-angle, nighttime photograph of a person riding a blue mountain bike. The rider is wearing a dark jacket with orange reflective stripes on the shoulders. The bike features a unique light setup: a series of red LED lights are attached to the front fork, and white reflective strips are attached to the front wheel. The rider is on a paved surface with a brick-paved sidewalk to the left. The background is dark, with several bright, rectangular lights visible along the top edge.

Take a camera and document

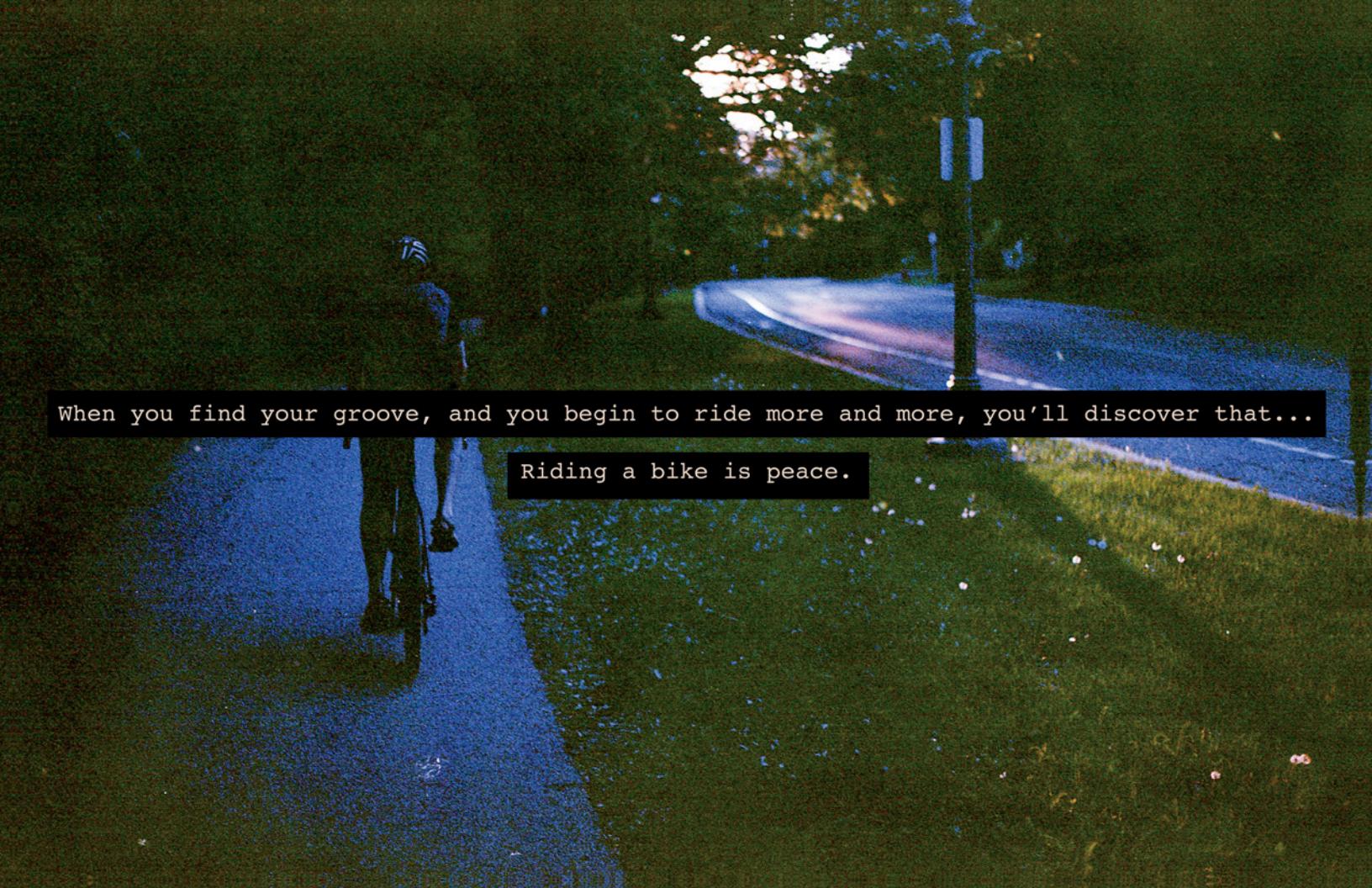
your friends looking rad on their bike.

A close-up photograph of a woman with short brown hair, smiling broadly. She is wearing a black bicycle helmet with a light blue visor. Her hands are clasped near her chin. The background is dark and out of focus.

Be safe.

Helmets are a great idea.

But helmets will never replace protected infrastructure for bicycles.

A photograph of a cyclist from behind, riding away on a paved path. The path is lined with green grass and trees. In the background, there's a small pond with lily pads. The scene is bathed in a warm, golden light, suggesting it might be sunset or sunrise.

When you find your groove, and you begin to ride more and more, you'll discover that...

Riding a bike is peace.

Ride PROTEST

Riding a bike is protest.

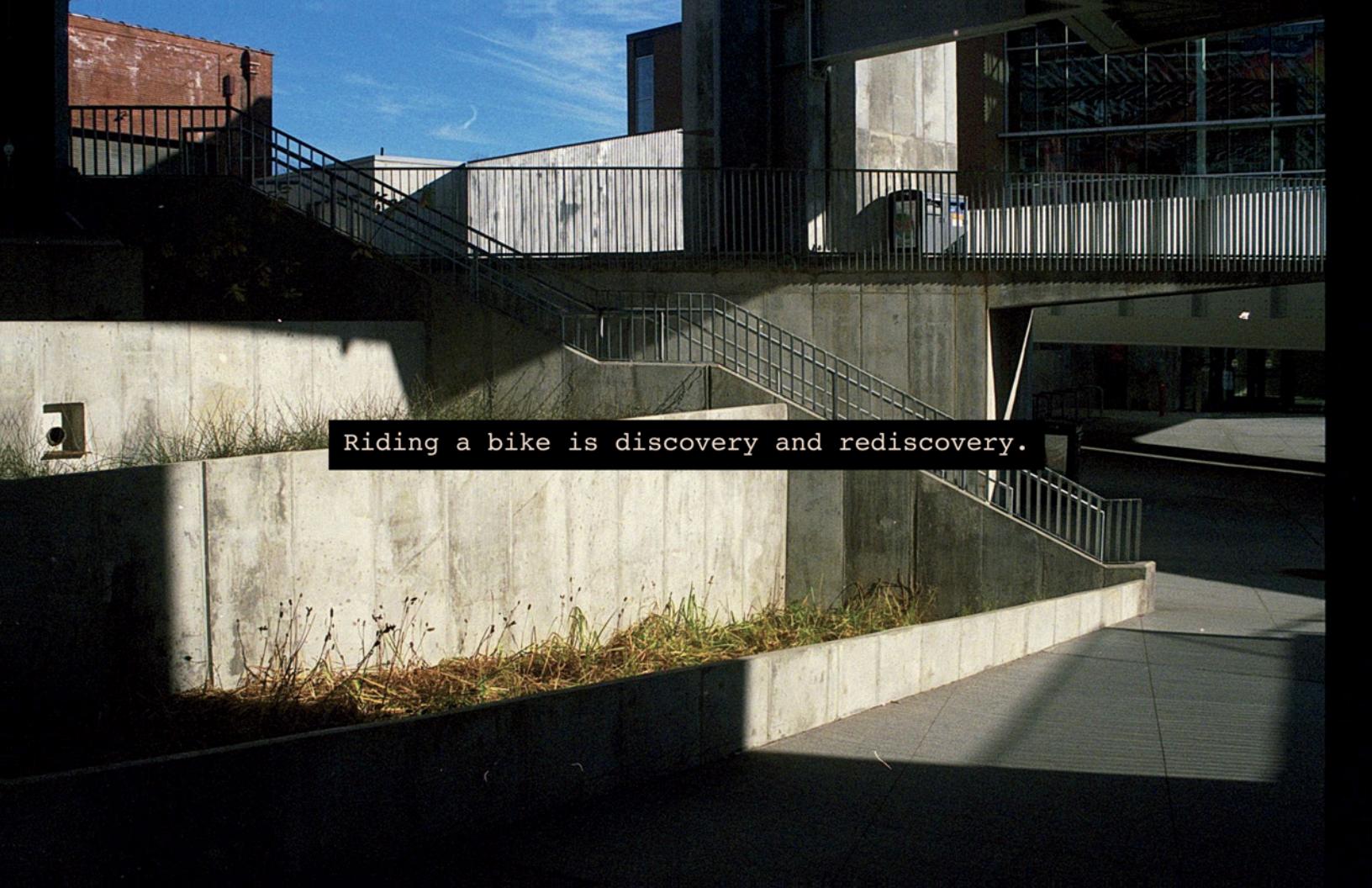


WON T YOU BE MY NEIGHBOR

Riding a bike is community building.



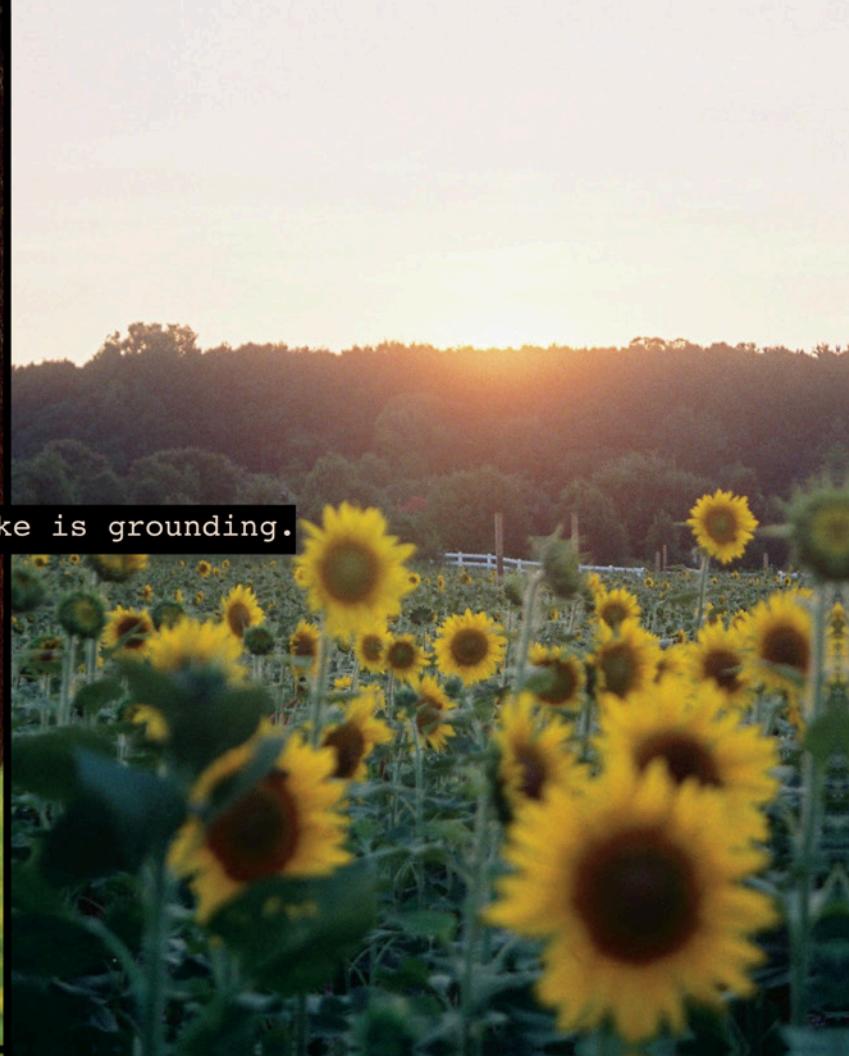
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Riding a bike is discovery and rediscovery.



Riding a bike is grounding.





Riding a bike is happiness.



Riding a bike is freedom.

Draw a scene from your ride:

Write something inspired by your ride:



You got this.

Thank you for riding your bike.

Oaks and Spokes is an active transportation advocacy
and community building organization in Raleigh, NC.

www.oaksandspokes.org, @oaksandspokes, info@oaksandspokes.org

Photos and design by Southern Wonders.

If you enjoyed this zine or support the work of Oaks and Spokes,
consider making a small contribution:

